

2018 HUDSON EXPLORERS TEAM CAMP
LOUISVILLE, KY
JULY 12th– JULY 15th

Returning to tradition, the Hudson Boys Soccer Program will continue its emphasis on developing *SOCCER PLAYERS*, and not just boys who play soccer. Our focus will again be on strength, speed, agility, nutrition and the specific soccer skills necessary to increase each player's athleticism and knowledge for a better understanding of the game. As part of this effort, we again have the good fortune to conduct our Team Camp at the University of Louisville in Louisville, KY. The camp will be hosted, again, by Division 1 Head Coach, [Ken Lolla](#).

The focus of this camp will be:

- Fitness and Conditioning in preparation for the Fall Season
- Nutrition
- Specific Soccer Skills
- Team Play and Team Building
- Recruiting techniques for those players who want to continue their soccer careers in college.
- Goal Setting

As many of you experienced in past years, this camp provides an excellent opportunity to be a part of a hands-on training program conducted by the head coach of one of the premier Division 1 Men's Soccer Programs.

While the Team Camp is not part of the school mandated pre-season program, it is **STRONGLY** recommended that all serious soccer players attend.

The cost of the camp this year is \$475.00 per player. Registration will be on-line this year. Please see the Hudson Soccer website at <http://www.explorersoccer.com> for details and a link to camp registration. The deadline for team registration is May 25th.

This year the cost of transportation will be divided over all attendees. The cost for transportation to and from the camp will be \$75.00 per attendee. Seats will be reserved starting May 1st on a first-come, first-served basis, with a deadline of May 25th for returning players. I will add in new players after that date, but new players are welcome to turn in their bus check to me beginning May 1st. I will keep track of the order that they are submitted. Please make a check payable to HABC for the transportation. Please include this check, along with the required camp medical waiver and transportation waiver, if you would like to reserve a seat on the bus.

Please send the transportation and medical waivers and bus deposit to me, or you can put them in the plastic bin on my front porch starting May 1st.

Thank you!

Sophia Jesionek
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